



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2022-07-14  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 33 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>KOWALEWSKA Elżbieta</b>	<b>6332</b>	EDI TEAM ZGORZELEC	Masters K - 40	1		00:57:50	01:39:57	02:29:55	<b>03:22:28.70</b>	<b>03:22:28.70</b>		6:08	9.8 (100%)
2	<b>PASTOROVA Petra</b>	<b>6545</b>		Masters K - 40	2	00:00:01	00:54:07	01:35:52	02:26:26	<b>03:29:26.85</b>	<b>03:29:26.85</b>	+00:06:58 (3.3%)	6:20	9.5 (96.9%)
3	<b>STELMACH Dominika</b>	<b>6426</b>		Masters K - 40	3	00:00:01	01:11:55	01:52:34	02:40:14	<b>03:32:12.80</b>	<b>03:32:12.80</b>	+00:09:44 (4.6%)	6:25	9.3 (94.9%)
4	<b>SZCZEPANIAK Angelika</b>	<b>6499</b>	ALPIN SPORT TEAM	Masters K - 40	4	00:00:03	01:00:17	01:45:39	02:36:22	<b>03:33:27.40</b>	<b>03:33:27.40</b>	+00:10:58 (5.1%)	6:28	9.3 (94.9%)
5	<b>GUTRAL Magdalena</b>	<b>6049</b>	WKB MARATOŃCZYK WŁOCLAWEK	Masters K - 40	5		01:05:07	01:53:24	02:53:40	<b>03:58:57.80</b>	<b>03:58:57.80</b>	+00:36:29 (15.3%)	7:14	8.3 (84.7%)
6	<b>URBAN Iwona</b>	<b>6418</b>	42K PRO TEAM	Masters K - 40	6	00:00:34	01:10:29	01:59:17	02:56:29	<b>04:02:47.40</b>	<b>04:02:47.40</b>	+00:40:18 (16.6%)	7:21	8.2 (83.7%)
7	<b>BIENIEK-UGNIEWSKA Joanna</b>	<b>6217</b>	SUNFIT STUDIO	Masters K - 40	7	00:00:05	01:08:10	01:58:47	02:59:18	<b>04:05:45.50</b>	<b>04:05:45.50</b>	+00:43:16 (17.6%)	7:26	8.1 (82.7%)
8	<b>AUGUSTYNIAK Małgorzata</b>	<b>6517</b>		Masters K - 40	8	00:00:05	01:10:05	02:04:24	03:08:33	<b>04:21:08.00</b>	<b>04:21:08.00</b>	+00:58:39 (22.5%)	7:54	7.6 (77.6%)
9	<b>HLAVÁČOVÁ Eva</b>	<b>6490</b>		Masters K - 40	9	00:00:13	01:10:44	02:05:24	03:12:47	<b>04:29:32.55</b>	<b>04:29:32.55</b>	+01:07:03 (24.9%)	8:10	7.3 (74.5%)
10	<b>PYZIK Ewa</b>	<b>6390</b>	MATNER RUNNING TEAM	Masters K - 40	10	00:01:05	01:22:32		03:26:42	<b>04:34:47.25</b>	<b>04:34:47.25</b>	+01:12:18 (26.3%)	8:19	7.2 (73.5%)
11	<b>SZALENIEC Joanna</b>	<b>6053</b>	RUNNERS TEAM NYSA	Masters K - 40	11	00:00:31	01:20:28	02:21:52	03:29:16	<b>04:35:41.15</b>	<b>04:35:41.15</b>	+01:13:12 (26.6%)	8:21	7.2 (73.5%)
12	<b>DUDA Monika</b>	<b>6484</b>	RAZ SZCZECIN	Masters K - 40	12	00:00:10	01:12:47	02:10:50	03:21:36	<b>04:38:22.25</b>	<b>04:38:22.25</b>	+01:15:53 (27.3%)	8:26	7.1 (72.4%)
13	<b>DĄBKIEWICZ Dominika</b>	<b>6121</b>	NIGHT RUNNERS	Masters K - 40	13	00:00:53	01:19:10		03:26:26	<b>04:40:24.95</b>	<b>04:40:24.95</b>	+01:17:56 (27.8%)	8:29	7.1 (72.4%)
14	<b>WENTYKIER Beata</b>	<b>6098</b>	POMYŁKA TEAM	Masters K - 40	14	00:00:09	01:14:49		03:40:06	<b>05:03:13.40</b>	<b>05:03:13.40</b>	+01:40:44 (33.2%)	9:11	6.5 (66.3%)
15	<b>KORALEWSKA Edyta</b>	<b>6058</b>		Masters K - 40	15	00:01:11	01:27:40		03:46:48	<b>05:04:31.50</b>	<b>05:04:31.50</b>	+01:42:02 (33.5%)	9:13	6.5 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
						Łądek 0.01km	A1 9km	Czernica 14km	D1 24km					
16	<b>GRAU Joanna</b>	<b>6540</b>	KWIDZYN BIEGA	Masters K - 40	16	00:00:42	01:27:54	02:31:19	03:47:41	<b>05:04:40.25</b>	<b>05:04:40.25</b>	+01:42:11 (33.5%)	9:13	6.5 (66.3%)
17	<b>FRANKOWSKA Katarzyna</b>	<b>6527</b>	PRO366	Masters K - 40	17	00:01:11	01:31:51	02:36:59	03:55:35	<b>05:11:03.05</b>	<b>05:11:03.05</b>	+01:48:34 (34.9%)	9:25	6.4 (65.3%)
18	<b>GRĘDA Elżbieta</b>	<b>6089</b>		Masters K - 40	18	00:00:41	01:26:27	02:21:29	03:48:57	<b>05:11:15.15</b>	<b>05:11:15.15</b>	+01:48:46 (34.9%)	9:25	6.4 (65.3%)
19	<b>ALEKSANDROWICZ Marlena</b>	<b>6193</b>		Masters K - 40	19	00:01:09	01:34:51	02:37:26	03:59:53	<b>05:15:39.00</b>	<b>05:15:39.00</b>	+01:53:10 (35.9%)	9:33	6.3 (64.3%)
20	<b>RÓLKA Mariola</b>	<b>6044</b>	BP RUNNING TEAM GLIWICE	Masters K - 40	20	00:00:52	01:22:05		03:55:32	<b>05:17:09.65</b>	<b>05:17:09.65</b>	+01:54:40 (36.2%)	9:36	6.2 (63.3%)
21	<b>WALCZAK Małgorzata</b>	<b>6302</b>	PCH_RUN	Masters K - 40	21	00:00:05	01:22:13		03:54:27	<b>05:18:47.30</b>	<b>05:18:47.30</b>	+01:56:18 (36.5%)	9:39	6.2 (63.3%)
22	<b>STAROŃSKA Magdalena</b>	<b>6331</b>		Masters K - 40	22	00:01:11	01:34:15	02:40:36	03:58:16	<b>05:20:33.40</b>	<b>05:20:33.40</b>	+01:58:04 (36.8%)	9:42	6.2 (63.3%)
23	<b>KOZŁOWSKA Anna</b>	<b>6168</b>		Masters K - 40	23	00:00:32	01:27:56		03:58:35	<b>05:21:24.15</b>	<b>05:21:24.15</b>	+01:58:55 (37.0%)	9:44	6.2 (63.3%)
24	<b>WÓJCIK Justyna</b>	<b>6219</b>	W POGONI ZA DUCHEM	Masters K - 40	24	00:00:32	01:27:56	02:38:02	03:58:37	<b>05:21:24.45</b>	<b>05:21:24.45</b>	+01:58:55 (37.0%)	9:44	6.2 (63.3%)
25	<b>WOJSA Zdzisława</b>	<b>6542</b>	W POGONI ZA DUCHEM	Masters K - 40	25	00:00:15	01:25:08	02:31:22	03:52:41	<b>05:22:27.10</b>	<b>05:22:27.10</b>	+01:59:58 (37.2%)	9:46	6.1 (62.2%)
26	<b>ŁUNKIEWICZ Jagna</b>	<b>6192</b>	EURO FILM FOLIE OKIENNE	Masters K - 40	26	00:01:09	01:34:50	02:37:45	03:58:32	<b>05:22:55.65</b>	<b>05:22:55.65</b>	+02:00:26 (37.3%)	9:47	6.1 (62.2%)
27	<b>JODŁOWSKA Ewa</b>	<b>6034</b>	BBL KROSNO ODRZANSKIE	Masters K - 40	27	00:00:43	01:28:03		03:53:29	<b>05:24:08.60</b>	<b>05:24:08.60</b>	+02:01:39 (37.5%)	9:49	6.1 (62.2%)
28	<b>KRAJECER Jolanta</b>	<b>6367</b>	JOLANTA KRAJECER	Masters K - 40	28	00:00:12	01:27:44	02:37:51	04:02:08	<b>05:25:58.95</b>	<b>05:25:58.95</b>	+02:03:30 (37.9%)	9:52	6.1 (62.2%)
29	<b>STACHOWIAK Danuta</b>	<b>6274</b>	ROKIETNICA BIEGA	Masters K - 40	29	00:00:45	01:36:33	02:44:36	04:06:20	<b>05:30:33.25</b>	<b>05:30:33.25</b>	+02:08:04 (38.7%)	10:01	6 (61.2%)
30	<b>LEWARTOWSKA Agnieszka</b>	<b>6508</b>	KTB KUNY	Masters K - 40	30	00:00:59	01:29:53	02:39:45	04:04:59	<b>05:30:45.85</b>	<b>05:30:45.85</b>	+02:08:17 (38.8%)	10:01	6 (61.2%)
31	<b>SKIBA Anna</b>	<b>6473</b>	KB HARCOWNIK	Masters K - 40	31	00:00:39	01:35:55	02:44:31	04:03:45	<b>05:30:50.75</b>	<b>05:30:50.75</b>	+02:08:22 (38.8%)	10:01	6 (61.2%)
32	<b>MISZCZAK Katarzyna</b>	<b>6138</b>	MIRAZ RACE TEAM	Masters K - 40	32	00:00:03	01:27:09	02:37:17	04:06:58	<b>05:31:03.60</b>	<b>05:31:03.60</b>	+02:08:34 (38.8%)	10:01	6 (61.2%)
33	<b>SZYSZKA Agnieszka</b>	<b>6179</b>		Masters K - 40	33	00:00:24	01:31:11	02:39:05	04:04:15	<b>05:31:37.60</b>	<b>05:31:37.60</b>	+02:09:08 (38.9%)	10:02	6 (61.2%)
34	<b>BIŃCZARSKA Monika</b>	<b>6039</b>		Masters K - 40	34	00:00:23	01:28:17	02:38:14	04:05:05	<b>05:33:29.10</b>	<b>05:33:29.10</b>	+02:11:00 (39.3%)	10:06	5.9 (60.2%)
35	<b>KOŃ Aleksandra</b>	<b>6104</b>	EKIPA LIPA	Masters K - 40	35	00:00:34	01:33:47	02:46:26	04:21:22	<b>05:37:21.00</b>	<b>05:37:21.00</b>	+02:14:52 (40.0%)	10:13	5.9 (60.2%)
36	<b>GIDASZEWSKA Jolanta</b>	<b>6146</b>		Masters K - 40	36	00:00:54	01:42:43	02:51:03	04:10:26	<b>05:40:36.75</b>	<b>05:40:36.75</b>	+02:18:08 (40.6%)	10:19	5.8 (59.2%)
37	<b>KWIATKOWSKA Beata</b>	<b>6306</b>		Masters K - 40	37	00:00:48	01:35:31	02:43:15	04:12:49	<b>05:43:28.25</b>	<b>05:43:28.25</b>	+02:20:59 (41.0%)	10:24	5.8 (59.2%)
38	<b>SKRZĄTEK Anna</b>	<b>6358</b>		Masters K - 40	38	00:00:03	01:31:21	02:40:58	04:10:41	<b>05:43:55.35</b>	<b>05:43:55.35</b>	+02:21:26 (41.1%)	10:25	5.8 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek	A1	Czernica	D1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	9km	14km	24km	33km	33km			
39	<b>BIAŁEK Kamila</b>	<b>6134</b>		Masters K - 40	39	00:00:22	01:33:39	02:43:35	04:20:25	<b>05:52:33.25</b>	<b>05:52:33.25</b>	+02:30:04 (42.6%)	10:41	5.6 (57.1%)
40	<b>BALCERZAK Krysia</b>	<b>6017</b>	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	40	00:00:22	01:33:37	02:43:08	04:20:24	<b>05:52:33.40</b>	<b>05:52:33.40</b>	+02:30:04 (42.6%)	10:41	5.6 (57.1%)
41	<b>ŚMIECHOWSKA Malgorzata</b>	<b>6300</b>	ŚDS RECZ	Masters K - 40	41	00:00:24	01:36:30	02:47:50	04:13:47	<b>05:52:35.10</b>	<b>05:52:35.10</b>	+02:30:06 (42.6%)	10:41	5.6 (57.1%)
42	<b>JAZUKIEWICZ Ewa</b>	<b>6483</b>	EAZYMUT.PL	Masters K - 40	42	00:00:31	01:40:31	02:57:40	04:18:51	<b>05:53:09.35</b>	<b>05:53:09.35</b>	+02:30:40 (42.7%)	10:42	5.6 (57.1%)
43	<b>ZIEMKOWSKA Monika</b>	<b>6435</b>		Masters K - 40	43	00:00:30	01:39:08	02:47:30	04:23:00	<b>05:53:20.60</b>	<b>05:53:20.60</b>	+02:30:51 (42.7%)	10:42	5.6 (57.1%)
44	<b>PYREK Iwona</b>	<b>6010</b>		Masters K - 40	44	00:01:11	01:36:31	02:56:28	04:22:51	<b>05:54:48.50</b>	<b>05:54:48.50</b>	+02:32:19 (42.9%)	10:45	5.6 (57.1%)
45	<b>ZAKRZEWSKA Anna</b>	<b>6182</b>		Masters K - 40	45	00:00:09	01:39:48	02:57:55	04:28:38	<b>05:57:25.15</b>	<b>05:57:25.15</b>	+02:34:56 (43.3%)	10:49	5.5 (56.1%)
46	<b>BARTKOWSKA Anna</b>	<b>6160</b>	ALSTOM KATOWICE	Masters K - 40	46	00:00:10	01:29:51	02:43:45	04:20:33	<b>06:06:02.65</b>	<b>06:06:02.65</b>	+02:43:33 (44.7%)	11:05	5.4 (55.1%)
47	<b>NOWAK Monika</b>	<b>6511</b>	KW POZNAŃ	Masters K - 40	47	00:00:41	01:42:10	02:59:48	04:28:51	<b>06:06:28.85</b>	<b>06:06:28.85</b>	+02:44:00 (44.8%)	11:06	5.4 (55.1%)
48	<b>CHOMA Grażyna</b>	<b>6402</b>	PĘDZĄCE LENIWCE	Masters K - 40	48	00:00:41	01:38:40	02:48:52	04:29:30	<b>06:07:14.15</b>	<b>06:07:14.15</b>	+02:44:45 (44.9%)	11:07	5.4 (55.1%)
49	<b>MAGOCSY Helena</b>	<b>6213</b>		Masters K - 40	49	00:00:54	01:45:38	02:59:16	04:35:38	<b>06:07:48.00</b>	<b>06:07:48.00</b>	+02:45:19 (44.9%)	11:08	5.4 (55.1%)
50	<b>KOSTRZYŃSKA Ewa</b>	<b>6210</b>	KB SZAMOTUŁY	Masters K - 40	50	00:00:57	01:37:28		04:27:28	<b>06:08:50.20</b>	<b>06:08:50.20</b>	+02:46:21 (45.1%)	11:10	5.4 (55.1%)
51	<b>REIJMERS Agnieszka</b>	<b>6376</b>	LEIDEN ATLETIEK	Masters K - 40	51	00:00:48	01:49:52	03:01:18	04:30:58	<b>06:09:04.50</b>	<b>06:09:04.50</b>	+02:46:35 (45.1%)	11:11	5.4 (55.1%)
52	<b>DUBOWIK Anna</b>	<b>6532</b>		Masters K - 40	52	00:00:38	01:45:53	03:02:40	04:41:51	<b>06:18:18.70</b>	<b>06:18:18.70</b>	+02:55:50 (46.5%)	11:27	5.2 (53.1%)
53	<b>ZELMANOWICZ - SZŁAPA Ewa</b>	<b>6183</b>	IZBICKO W BIEGU	Masters K - 40	53	00:01:13	01:49:08	03:05:11	04:46:16	<b>06:22:25.10</b>	<b>06:22:25.10</b>	+02:59:56 (47.1%)	11:35	5.2 (53.1%)
54	<b>PRZESTRZELSKA-HAAS Marta</b>	<b>6052</b>	BACKPACKING OKAPI TEAM	Masters K - 40	54	00:01:06	01:45:22	03:06:27	04:35:28	<b>06:27:57.65</b>	<b>06:27:57.65</b>	+03:05:28 (47.8%)	11:45	5.1 (52.0%)
55	<b>TCHÓRZEWSKA-PIETRZYK Anna</b>	<b>6283</b>	MOCNA GRUPA CEZARA	Masters K - 40	55	00:01:01	01:54:36	03:10:07	04:47:35	<b>06:28:54.55</b>	<b>06:28:54.55</b>	+03:06:25 (47.9%)	11:47	5.1 (52.0%)
56	<b>GESS Magdalena</b>	<b>6077</b>	ZABIEGANI GOLENIÓW	Masters K - 40	56	00:00:39	01:40:53	03:11:11	04:51:04	<b>06:37:06.35</b>	<b>06:37:06.35</b>	+03:14:37 (49.0%)	12:02	5 (51.0%)
57	<b>WIZE-ZIELONKA Karolina</b>	<b>6014</b>	LEŚNE KUNY	Masters K - 40	57	00:00:58	01:50:51	03:11:17	04:54:17	<b>06:43:13.10</b>	<b>06:43:13.10</b>	+03:20:44 (49.8%)	12:13	4.9 (50.0%)
58	<b>KNOBLOCH Ewa</b>	<b>6018</b>	LEŚNE KUNY	Masters K - 40	58	00:00:58	01:50:52	03:11:14	04:53:43	<b>06:43:13.20</b>	<b>06:43:13.20</b>	+03:20:44 (49.8%)	12:13	4.9 (50.0%)
59	<b>CEITEL Lidia</b>	<b>6024</b>		Masters K - 40	59	00:01:00	01:50:53	03:11:20	04:53:54	<b>06:43:13.25</b>	<b>06:43:13.25</b>	+03:20:44 (49.8%)	12:13	4.9 (50.0%)
60	<b>GRZELA Ilona</b>	<b>6140</b>	NIGHT RUNNERS	Masters K - 40	60	00:00:23	01:44:38	03:15:10	04:54:20	<b>06:47:14.10</b>	<b>06:47:14.10</b>	+03:24:45 (50.3%)	12:20	4.9 (50.0%)
61	<b>MAZUR Ewelina</b>	<b>6460</b>		Masters K - 40	61	00:01:01	02:05:30		05:07:48	<b>06:57:05.90</b>	<b>06:57:05.90</b>	+03:34:37 (51.5%)	12:38	4.7 (48.0%)

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	<b>BEDLA Anna</b>	<b>6385</b>		Masters K - 40		00:00:16 DNF	01:36:32 DNF	02:58:56 DNF	04:58:04 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ANTKOWIAK- BRONOWICKA Agnieszka</b>	<b>6033</b>	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters K - 40		00:00:49 DNF	01:37:12 DNF	02:45:10 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JAWORSKA Agnieszka</b>	<b>6389</b>		Masters K - 40		00:00:46 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 64 wynik(ów)